



Pico de Gallo

Fresh tasting, with just a bit of heat. Use to season your family meals or serve with tortilla chips.

Ingredients

- 1 pound ripe tomatoes, chopped
- 1½ cups chopped onion
- ½ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- ¼ teaspoon salt

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Makes 6 servings. ½ cup per serving.

Prep time: 20 minutes

Nutrition information per serving

Calories 36, Carbohydrate 8 g,
Protein 1 g, Total Fat 0 g,
Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 108 mg, Dietary Fiber 2 g

